

Centerline Martial Arts

5th Gup Green Belt Blue Stripe Testing Requirements



Testing For 5th Gup Green Belt Blue Stripe

Won-Hyo

Won-Hyo was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



Diagram: Capital “i”
Moves: **28**

Kicks

Stepping hook kick (offensive)

Used to kick and hook an opponent who moves in while in the act of kicking

Target: Skull, temple, philtrum, epigastrium, chest, sternum, solar plexus, liver, spleen, abdomen, floating ribs and achilles' tendon

Attacking Tool: Back heel and ball of foot

Facing: Half and side

Location: Low, middle and high section application

Outward/Inward downward kick (Naeryo Chagi)

Used as an attack to pass over an obstacle

Target: Skull and clavicle

Attacking Tool: The back heel and ball of the foot

Facing: Half and side

Location: Low, middle and high section application

Note: The point of attack should not be lower than the attackers' solar plexus

Crescent kick (Bandal Chagi)

Used to block an attack to the middle or low section;

Target: Elbow, forearm, tibia, achilles tendon and ankle joint

Blocking Tool: The side sole of the foot

Facing: Full and half

Location: High and middle section application

Note: The kick moves in an inward curve

Flying high kick (Twimyo Nopi Chagi)

Used for an attack against a high target;

Target: Temple, face, bridge of nose and philtrum

Attacking Tool: Ball of the foot and toes

Facing: Full and half

Location: High section application

Note: The non-kicking foot should be tucked

Flying side piercing kick (Twimyo Yopcha Jirugi)

Used to attack an opponent at the flank;

Target: Temple, face, bridge of nose, philtrum, upper neck and neck artery;

Attacking Tool: Footsword

Facing: Side

Location: High and middle section application

Note: As the kicking leg straightens to strike the opponent, the opposite leg is tucked

Two consecutive kicks – same direction (Yonsok Chagi)

The execution of 2 kicks (same direction) with the same foot

Hand Techniques

Knife Hand Inward Strike (Sonkal Anuro Taerigi)

Used to attack an opponent at the side front or front

Target: Temple, bridge of nose, philtrum, angle of mandible, adams' apple, point of chin and neck artery

Attacking Tool: The surface wrist to the main knuckle of the little finger

Facing: Full and half

Stances: Walking, L-stance, sitting, parallel and rear foot stance

Inner Forearm Circular Block (Palmok Dollimyo Makgi)

Used to block a hand/foot technique or to catch a kick and throw an opponent off balance

Target: Inner forearm, outer forearm, inner tibia, outer tibia and achilles' tendon

Attacking Tool: Inner forearm or reverse knife hand

Facing: Half at moment of block

Stances: Walking

Outer Forearm Guarding Block (Palmok Daebi Makgi)

Used to block an attack to the high or middle section

Target: Inner forearm, outer forearm, back forearm, wrist joint and achilles' tendon

Facing: Half

Stances: L-stance, fixed and rear foot

Note: The blocking tool should be half facing the opponent at the moment of the block.

The opposite hand should be 3cm (1.2 in) off the front of the chest guarding against another attack

Ho Sin Sul

Escape from being pushed against wall

Stand up correctly

Defend from ground position

Attack from the guard position

Escape from the guard position

Breaking

Power Foot Break – Select one

Downward kick

Reverse hook kick

Technique Foot Break

Flying side piercing kick

Hand Break

Inward knife hand strike

Stances:

Fixed Stance (Gojung Sogi)

Bending Ready Stance A (Goburyo Junbi Sogi)

Closed Ready Stance A (Moa Junbi Sogi)

Step Sparring

3 Step: 2 Way

2 Step

1 Step

Knowledge Requirements

Won-Hyo

Won-Hyo was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



Diagram: Capital “i”
Moves: **28**

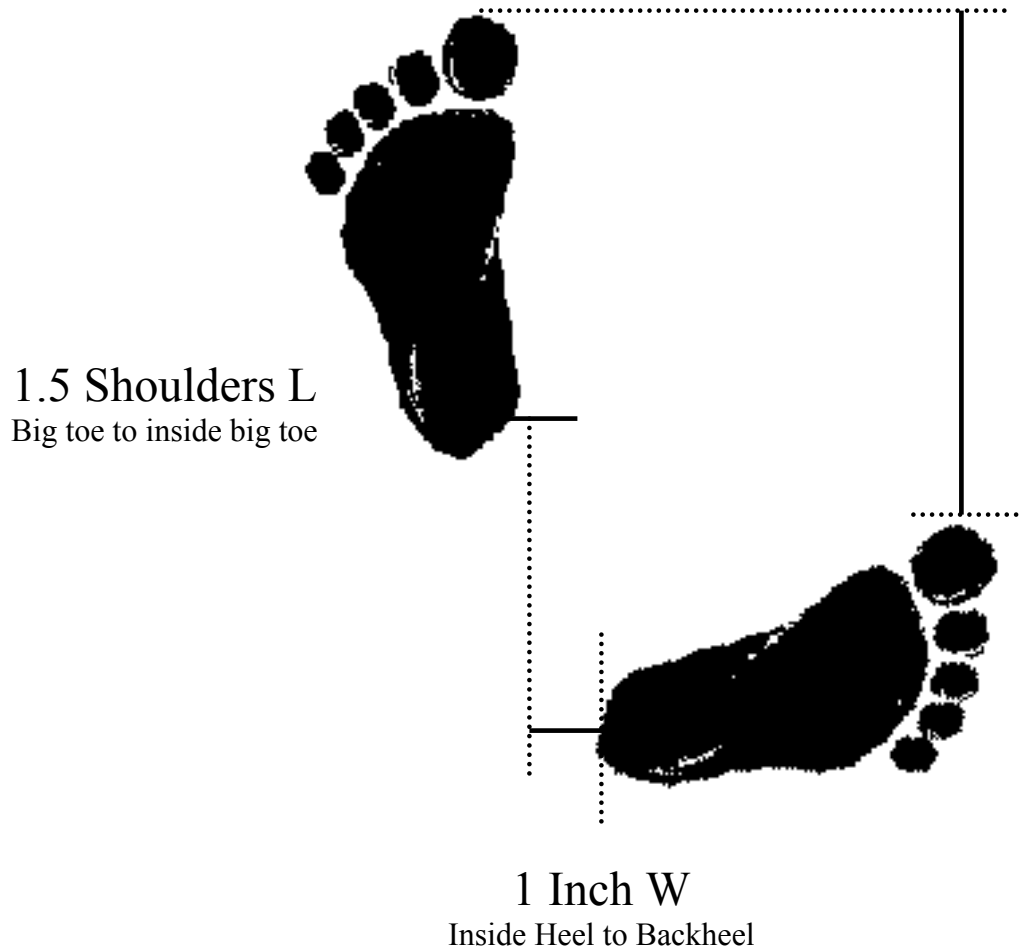
24 Korean Words Used In Class

Assistant Instructor	Boo Sa-bum (1 st – 3 rd dan)
Attention	Charyot
At ease	Swiyo
Begin	Si-jak
Bow/Salute	Kyong-ye
Degree	Dan
Face the flags	Kuk-ki-yea Tae-hae
Finished	Ee-sang
Grade	Gup
Grand Master	Sa-sung (9 th dan)
Gymnasium	Do-jang
Instructor	Sa-bum (4 th – 6 th dan)
Instructor sir	Sa-bum Nim
Master Instructor	Sa-hyun (7 th – 8 th dan)
Meditate	Muk-nyom
Pattern	Tul
Ready position	Junbi
Return to ready	Baro
Sit/Kneel	Anj-ho
Stop	Guman
Thank you	Ko-map Sum-nee-da
Turn around	Tui-tora
Uniform	Do-bak
Yell	Ki-ap

The Eight Examples Of Poor Integrity

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by “fixing” breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors.

Fixed Stance (Gojung Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Inside of the big toe

Width: 2.5cm (1 inch)

Measured From: **Front:** Inside heel
 Rear: Backheel

Weight Distribution (F/R): 50% / 50%

Available Facings: Half

Additional Notes: The knees are bent evenly. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the front foot.

Closed Ready Stance “A”(Moa Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 30cm (12.2 inches) in front of the philtrum.

Bending Ready Stance “A” (Goburyo Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A

Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A

Rear: N/A

Weight Distribution (F/R): 0% / 100%

Available Facings: Half

Additional Notes: The supporting foot faces the side and the supporting knee is bent. The non-supporting knee points in 15⁰ from the front. The non-supporting foot is positioned by the knee of the supporting leg. The hands are performing a high guarding block with the outer forearms. This stance is named after the supporting foot.

Additional Required Knowledge

Meaning of White Belt

White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

Taekwon-Do Color Belt System

10 th Gup	Low White		5 th Gup	High Green
9 th Gup	High White		4 th Gup	Low Blue
8 th Gup	Low Yellow		3 rd Gup	High Blue
7 th Gup	High Yellow		2 nd Gup	Low Red
6 th Gup	Low Green		1 st Gup	High Red

Counting in Korean

Hana	1		Yasot	6
Dool	2		Ilgop	7
Set	3		Yodul	8
Net	4		Ahop	9
Daset	5		Yol	10

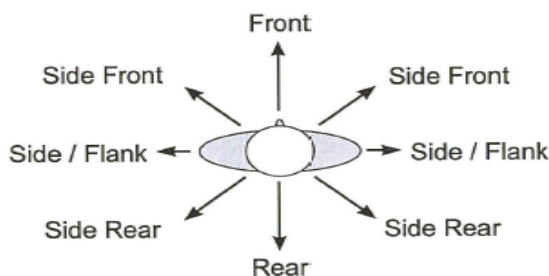
Etiquette

- A proper bow is performed from attention stance, bending from the waist 15 degrees. Keep eyes fixed on senior or opponent.
- Bow before stepping onto and off of the dojang (gym) training floor.
- Greet and address seniors and juniors with proper salutation such as hello Mr. Keep, thank you sir or thank you Master McNamara
- Use words of respect such as thank you ma'am, yes sir, no sir, etc.
- Avoid turning your back to seniors.

The Eight Parts Of The Training Secrets Of Taekwon-Do

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

Directions of Attacks



Chon-Ji

Chon-Ji means literally “the Heaven the Earth.” It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent heaven, the other the earth.

+ Diagram: “plus” sign
Moves: 19

Meaning Of Yellow Belt

Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

The country where Taekwon-Do originated

Korea

The father of Taekwon-Do and his rank

General Choi Hong Hi, 9th Dan Grand Master

The Literal Translation Of Taekwon-Do

Tae – Jumping, flying, to kick or smash with the foot
Kwon – Fist, to punch or destroy with the hand or fist
Do – The art or way

Taekwon-Do – The mental training and technique of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

The Belt Rank System

There are six colors of belts: White, Yellow, Green, Blue, Red and Black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10th gup low white belt is the lowest and the 1st gup high red belt is the highest. For the black belts 1st dan is the lowest and the 9th dan is the highest.

The Nine Points To Be Observed While Performing A Pattern

1. Accuracy; a pattern should begin and end the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

Dan-Gun

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.



Diagram: Capital "I"
Moves: 21

The Student Oath Of Taekwon-Do

I shall observe the tenants of Taekwon-Do.
I shall respect my instructors and seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.

The Tenants of Taekwon-Do

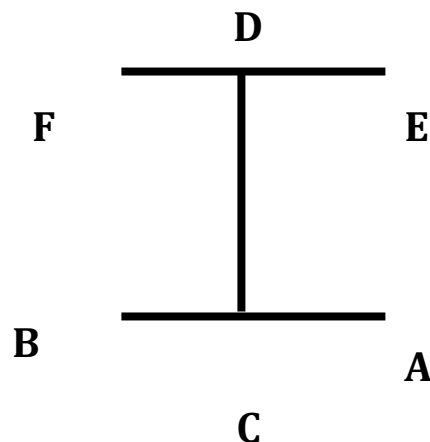
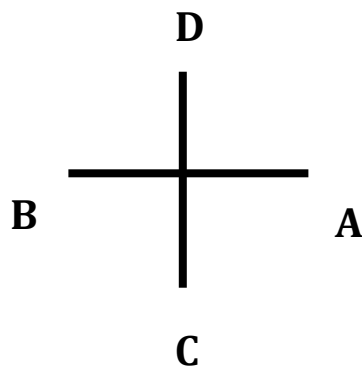
Courtesy (Ue-Ui)
Integrity (Yom-Chi)
Perseverance (In-Nae)
Self-Control (Guk-Gi)
Indomitable Spirit (Baek-Jul-Gool)

The Classes Of Black Belts

1st – 3rd Novice (Boo sa-bum)
4th – 6th Expert (Sa-bum)
7th – 8th Master (Sa-hyung)
9th Grand Master (Sa-sung)

Pattern Diagram Directions

The student stands on the A-B line facing D.



Do-San

Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.



Diagram: Right stair step

Moves: 24

The Meaning of Green Belt

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

The Nine Reasons For Practicing Courtesy

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, co tempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice humanity.
5. To distinguish instructor from student, senior from junior, elder from younger.
6. To behave according to etiquette.
7. To respect others possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

Opening And Closing Ceremony For A Takewon-Do Class

Opening Ceremony

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow

Closing Ceremony

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow
Boo Sa-bum Nim Gae	-- Face the assistant instructor
Kyong-ye	-- Bow
Eesang	-- Dismissed
Ko-map Sum-nee-da	-- Thank you very much

Attention Stance (Charyot Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

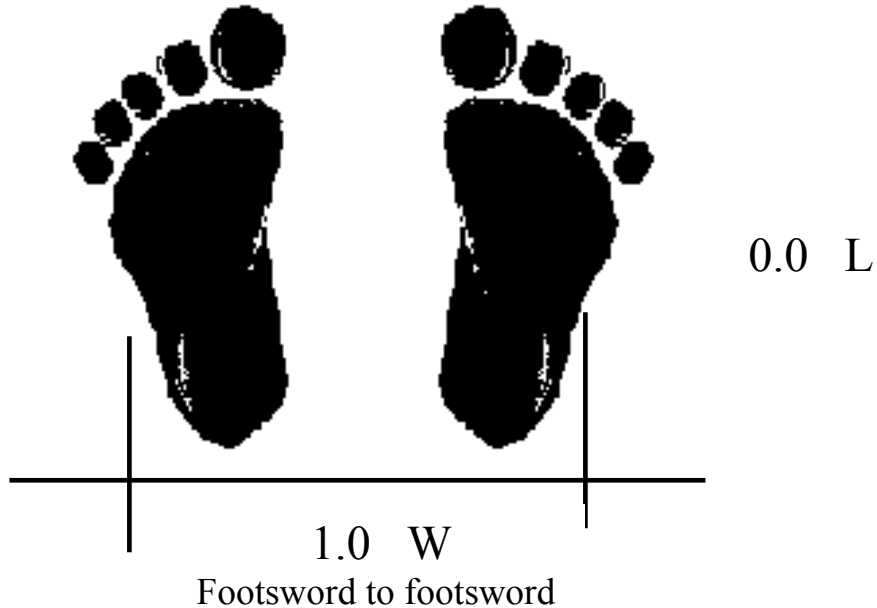
Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: The heels of the feet are together forming a 45° angle and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.

Parallel Ready Stance (Narani Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 1.0 shoulder width

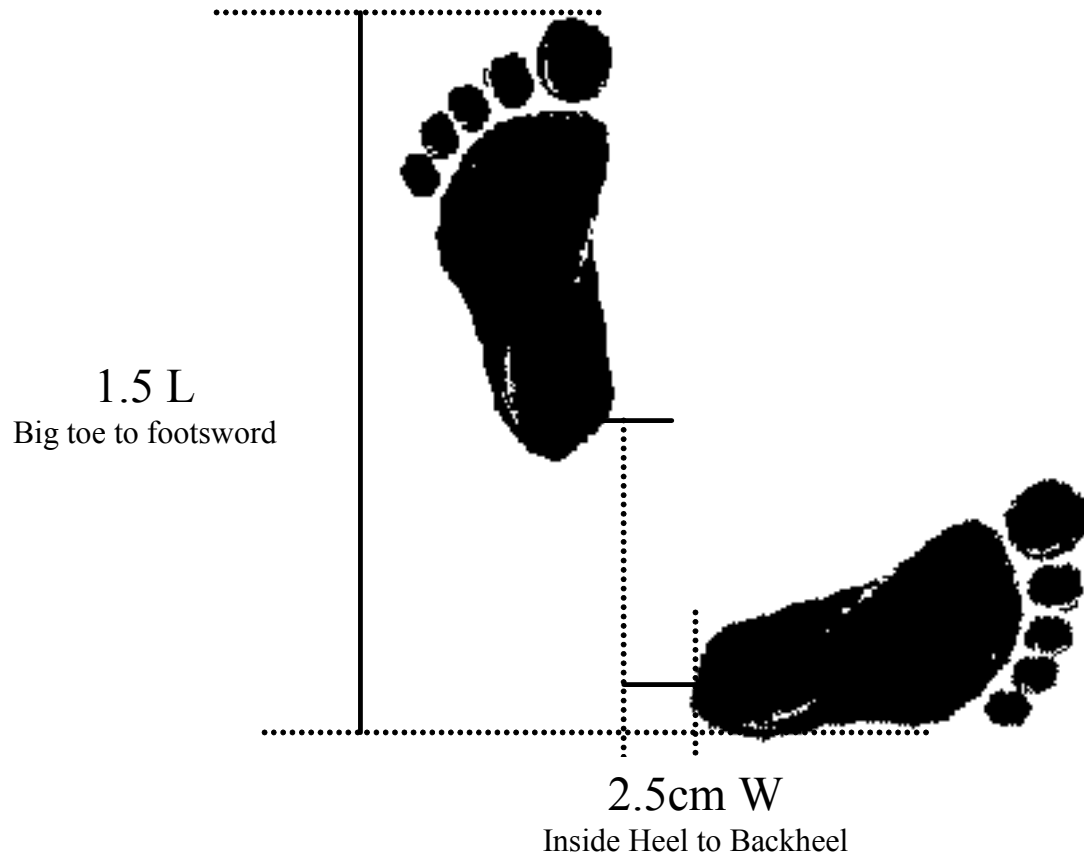
Measured From: **Front:** Footsword
 Rear: Footsword

Weight Distribution (F/R): 50% / 50%

Available Facings: Full or Side

Additional Notes: The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30⁰ and the lower arms are bent upward at 40⁰

L – Stance (Niunja Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Footsword

Width: 2.5cm/1 inch

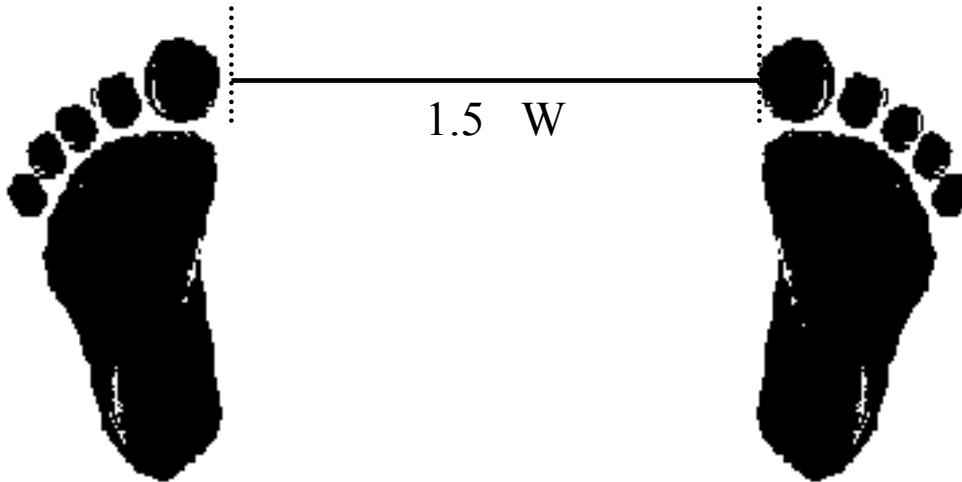
Measured From: **Front:** Inside heel
 Rear: Backheel

Weight Distribution (F/R): 30% / 70%

Available Facings: Half

Additional Notes: The back knee is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

Sitting Stance (Annum Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 1.5 shoulder width

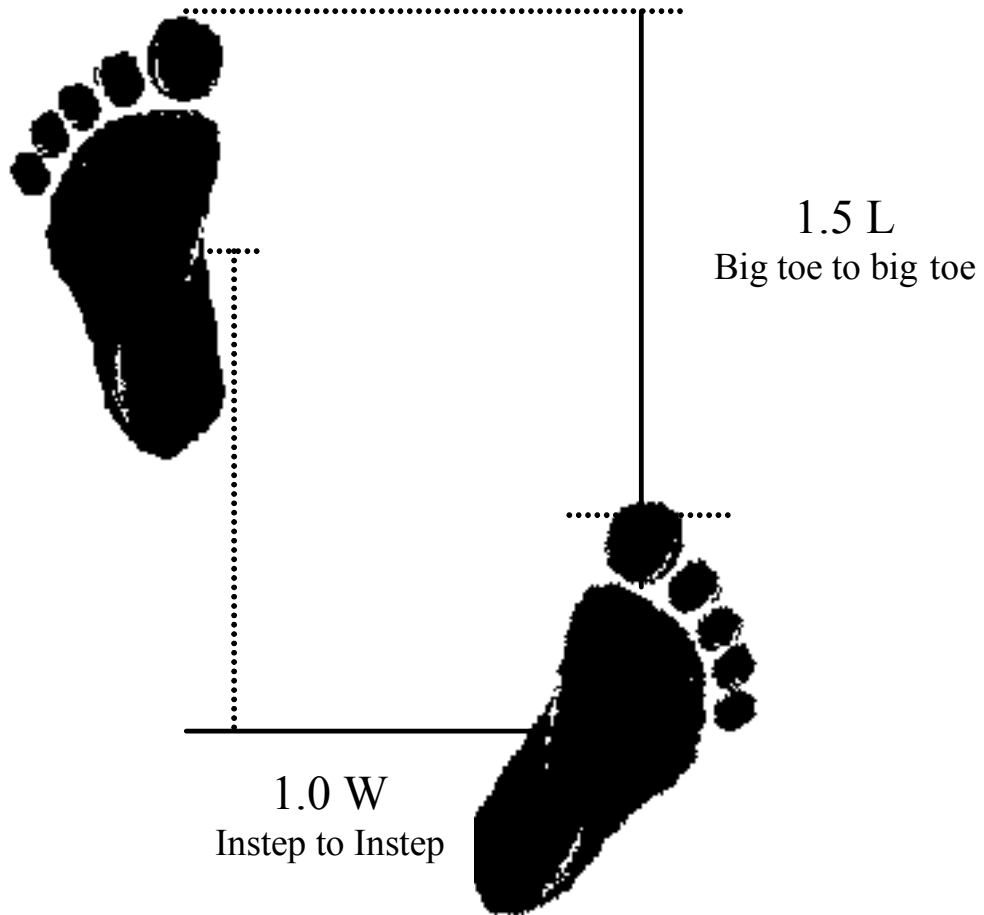
Measured From: **Front:** Inside big toe
 Rear: Inside big toe

Weight Distribution (F/R): 50% / 50%

Available Facings: Full or Side

Additional Notes: Both feet point to the front and are parallel with each other. Both knees are bent evenly so that the kneecaps are over the balls of the feet. The chest and abdomen are pushed out and the hips are pulled back.

Walking Stance (Gunnun Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Tip of big Toe

Width: 1.0 shoulder width

Measured From: **Front:** Center of instep
 Rear: Center of instep

Weight Distribution (F/R): 50% / 50%

Available Facings: Full, half or reverse half

Additional Notes: The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than 25⁰ from the front. This stance is named after the front foot.

PATTERN WON-HYO

(WON-HYO TUL)

This pattern is practised by the 6th grade holder and above.

Won-Hyo was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

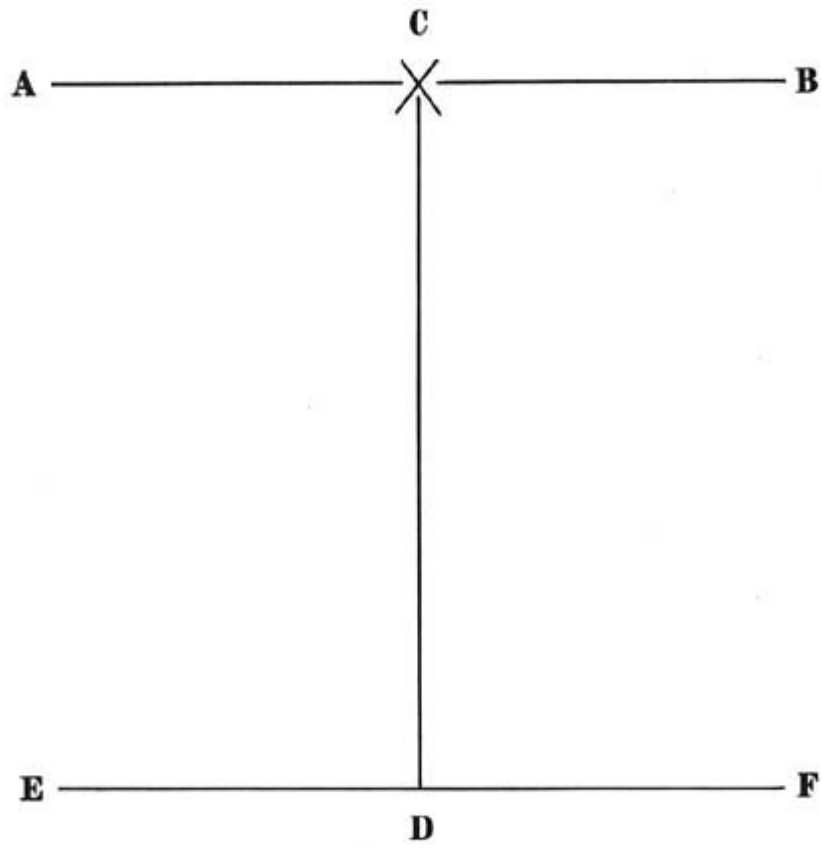
DIAGRAM: I

MOVEMENTS: 28

READY POSTURE: CLOSE READY STANCE A

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)

Close ready stance A toward D.



1. Move the left foot to B, forming a right L-stance toward B while executing a twin forearm block.



Right L-stance twin forearm block toward B.



Keep forearms crossed at the center of the chest, placing the side blocking one inside of the other with both under forearms facing the defender.

Ready Posture



Application



2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder.



Right L-stance knife-hand high inward strike toward B.



Previous Posture



Raise the body slightly.



Knife-hand reaches the same level as the neck artery of the attacker.



Top View



Application

3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.



Left fixed stance middle punch toward B.



Previous Posture



Application



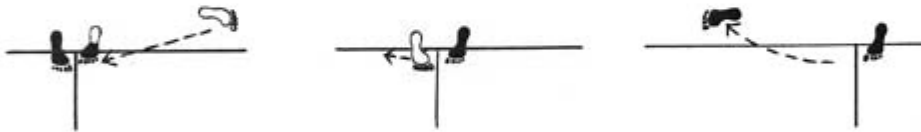
4. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.



Left L-stance twin forearm block toward A.



Keep the left heel slightly off the ground.



Application



Side View

5. Execute a high inward strike to A with a left knife-hand while bringing the right side fist in front of the left shoulder.

Left L-stance knife-hand high inward strike toward A.



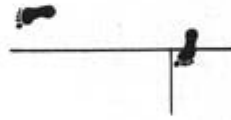
Previous Posture



Raise the body slightly.



Knife-hand reaches the same level as the neck artery of the attacker.



Application

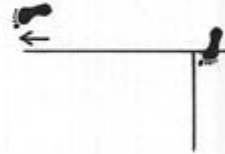
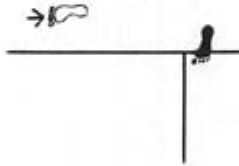


6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.

Right fixed stance middle punch toward A.



Previous Posture



Application



7. Bring the right foot to the left foot, and then turn the face toward D while forming a right bending ready stance A toward D.



Previous Posture



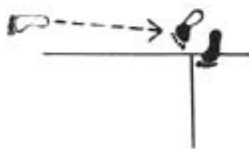
Right bending ready stance A toward D.



Side View



Keep the right heel slightly off the ground.



8. Execute a middle side piercing kick to D with the left foot.



Middle side piercing kick to D with the left foot.

Application

Previous Posture



Side View



Side View



Side View

9. Lower the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.

Application

Previous Posture



Side View



Side View



Side View

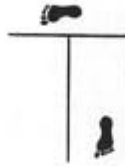
10. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



Left L-stance knife-hand middle guarding block toward D.



Previous Posture



Application



Side View

11. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Right L-stance knife-hand middle guarding block toward D.



Previous Posture



Application



Side View



12. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.



Right walking stance straight fingertip thrust toward D.

Previous Posture



Top View



Application



Side View

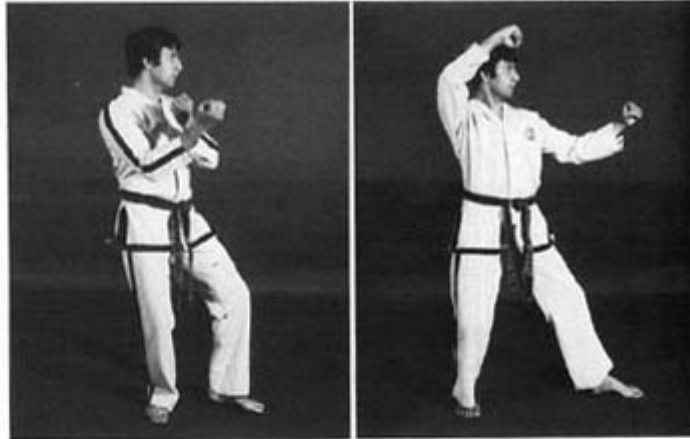
13. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.



Right L-stance twin forearm block toward E.



Other View



Previous Posture



14. Execute a high inward strike to E with the right knife-hand, at the same time bringing the left side fist in front of the right shoulder.



Right L-stance knife-hand
high inward strike toward E.



Application



Previous Posture



Raise the body slightly.

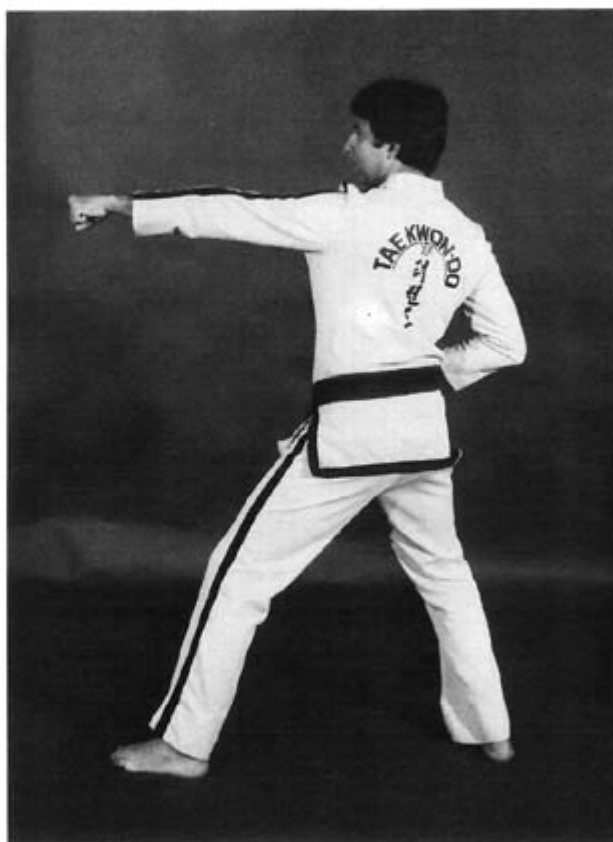


Top View



Application

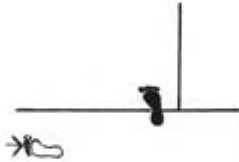
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.



Left fixed stance middle punch toward E.



Previous Posture



Application



16. Bring the left foot to the right foot, and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.



Previous Posture



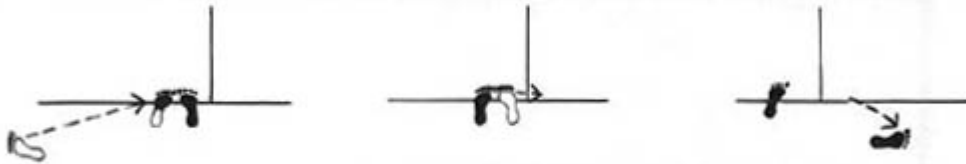
Left L-stance twin forearm block toward F.



Other View



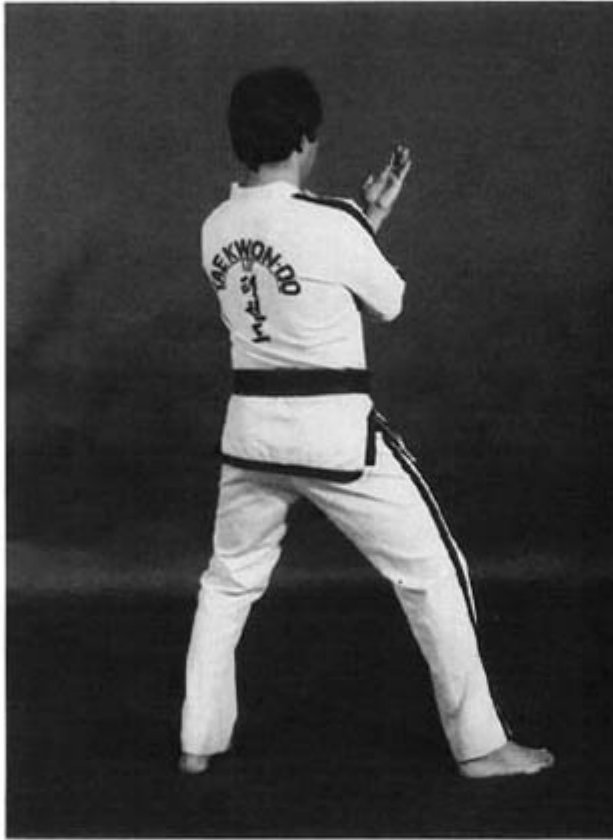
Keep the left heel slightly off the ground.



Application



17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder.



Left L-stance knife-hand high inward strike toward F.

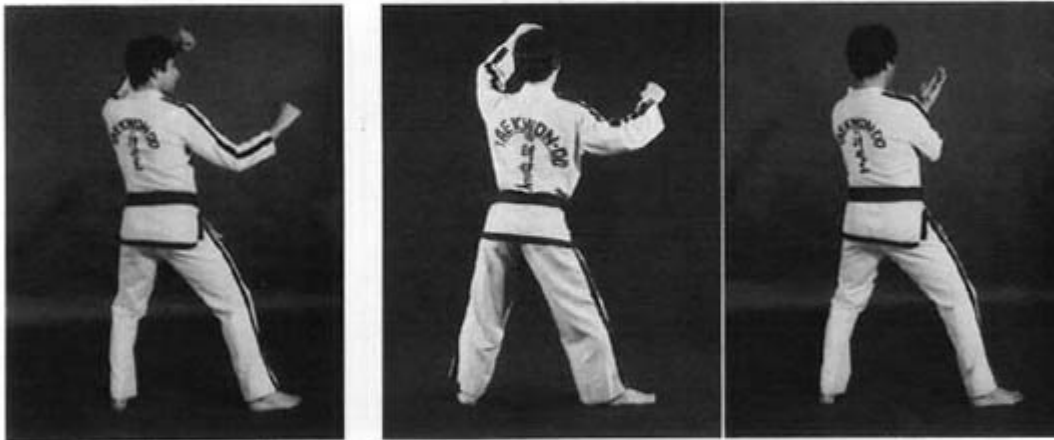


Raise the body slightly.

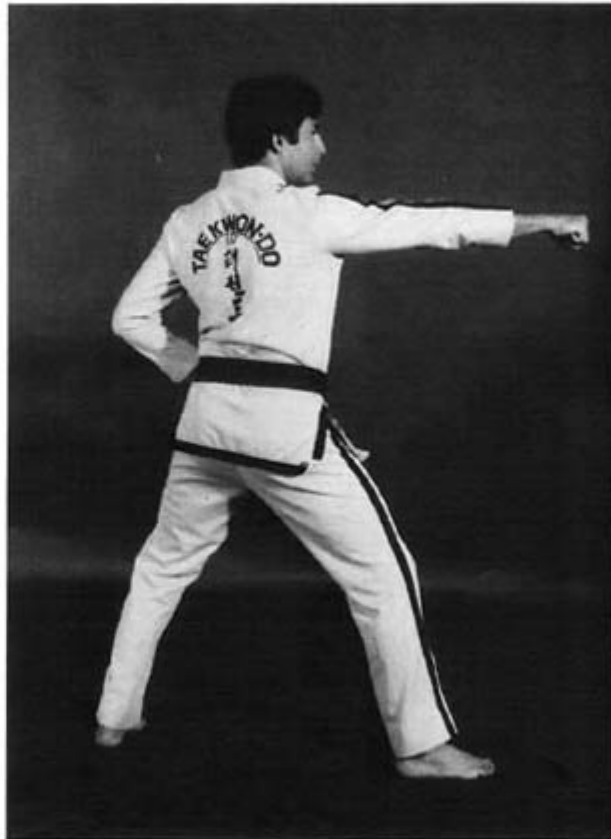
Other View



Previous Posture



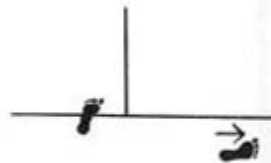
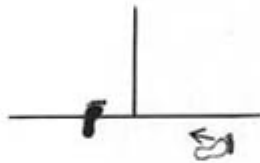
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.



Right fixed stance middle punch toward F.



Previous Posture

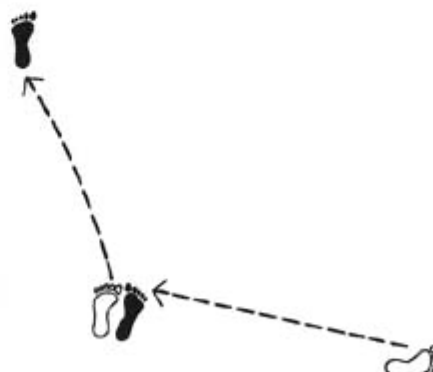
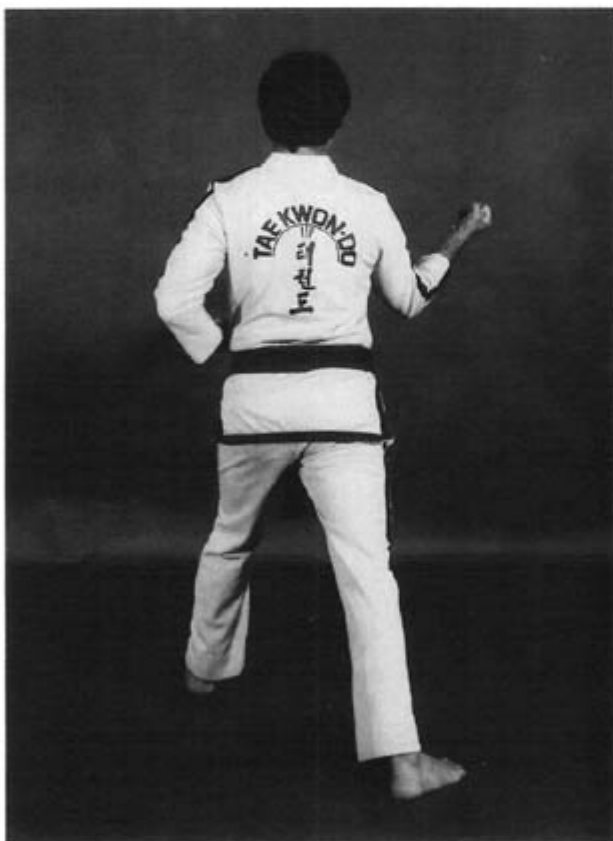


Application

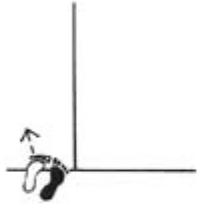
Previous Posture



19. Bring the right foot to the left foot, and then move the left foot to C, forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.



Left walking stance toward C with the inner forearm circular block to CE.



Keep the right heel slightly off the ground.



Side View

Top View



Keep the right heel slightly off the ground.



Side View



Application of No. 19



Previous Posture



20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.



Low front snap kick to C with the right foot.



Application



Side View

21. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.



Right walking stance middle punch toward C.

Application



Side View

Previous Posture



Side View



22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.



Right walking stance toward C with inner forearm circular block to CE.

Previous Posture



Side View



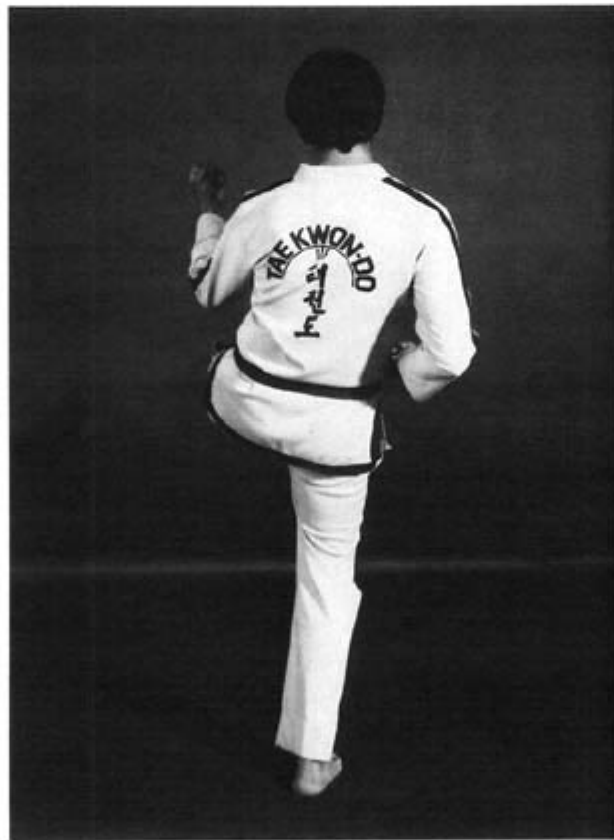
Keep the left heel slightly off the ground.



Previous Posture



23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.



Low front snap kick to C with the left foot.

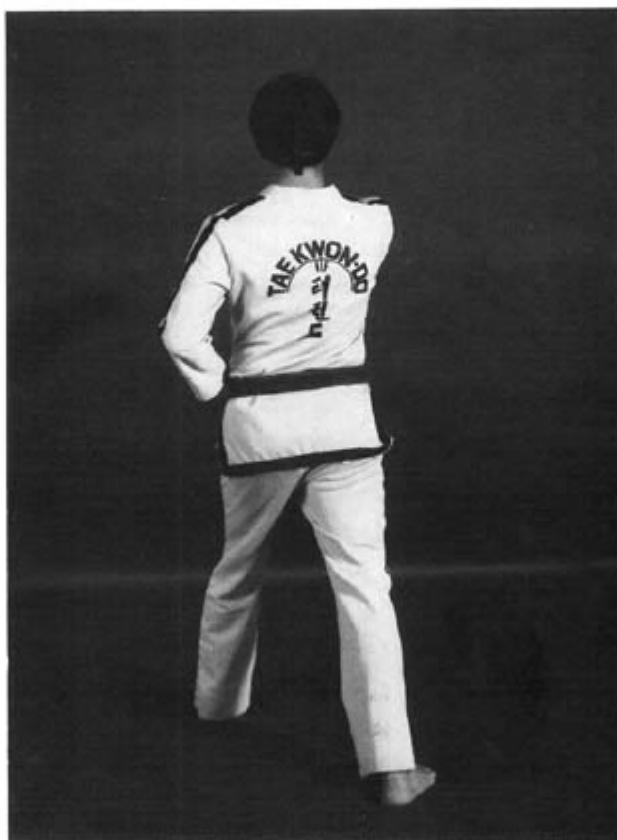
Application



Side View



24. Lower the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the right fist.



Left walking stance middle punch toward C.

Application



Side View

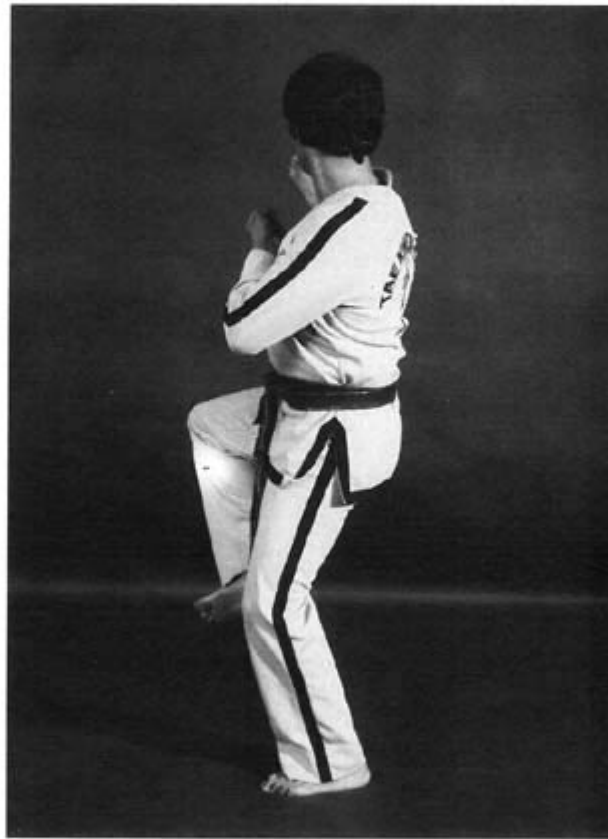
Previous Posture



Side View



25. Turn the face toward C, forming a left bending ready stance A toward C.



Left bending ready stance A toward C.

Previous Posture



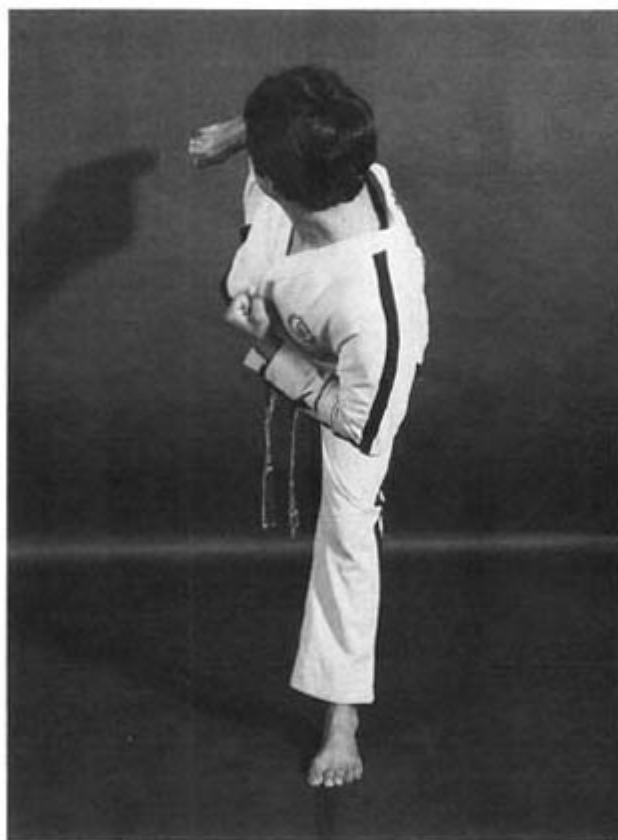
Top View



26. Execute a middle side piercing kick to C with the right foot.



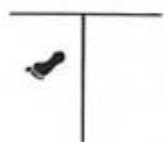
Previous Posture



Middle side piercing kick to C with the right foot.



Side View



Application of No. 26

Side View

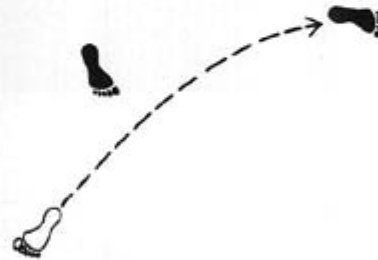


Side View



Side View

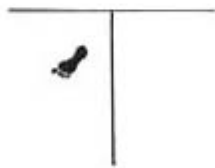
27. Lower the right foot on line CD, and then move the left foot to B, turning counter-clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.



Right L-stance forearm middle guarding block toward B.

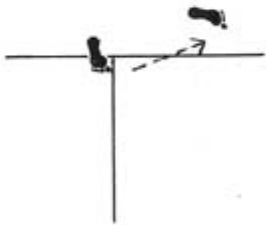
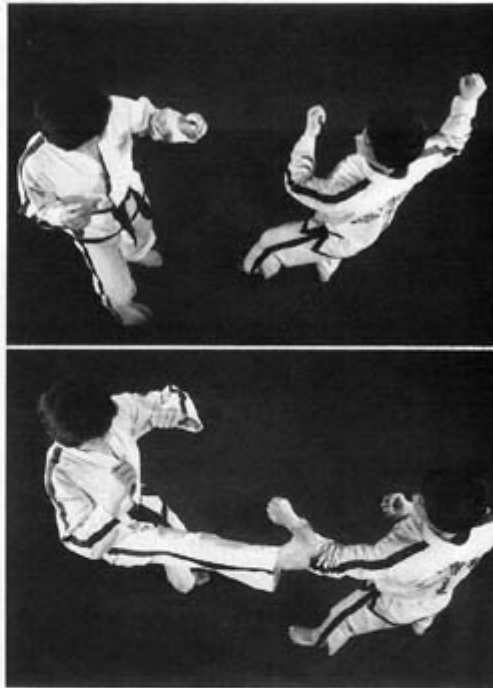
Previous Posture

Keep the right heel slightly off the ground.



Top View

Application

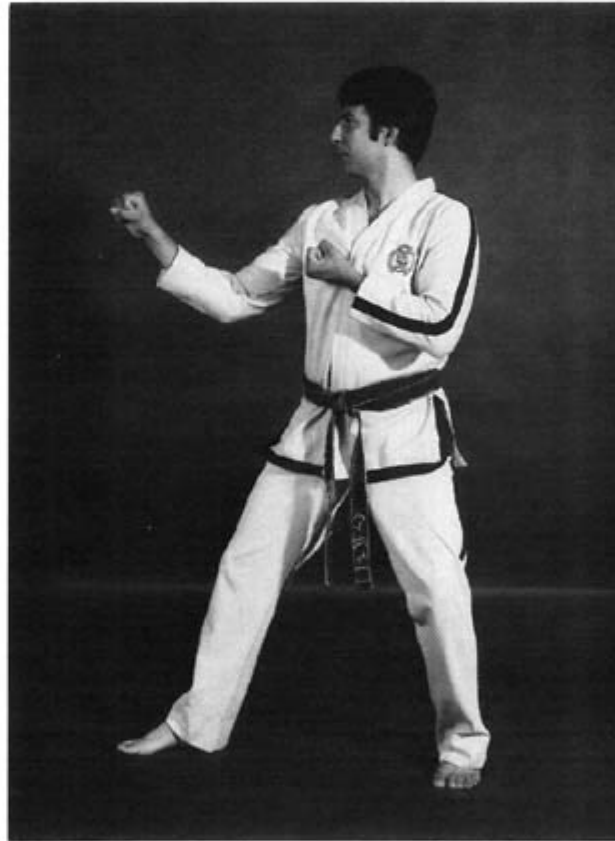


Application



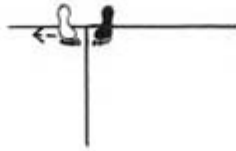
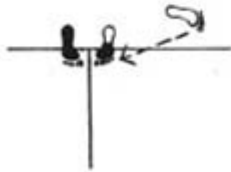
28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with the forearm.

Left L-stance forearm middle guarding block toward A.



Application

Previous Posture



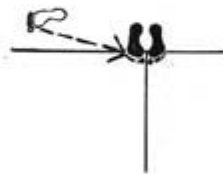
END. Bring the right foot back to a ready posture.



**Close ready stance
A toward D.**



Previous Posture



Top View



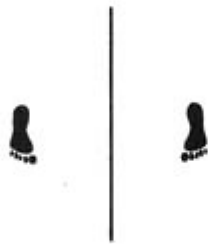
Side View



IMPORTANT:

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance



Sitting stance



Walking Stance (*Gunnun Sogi*)

Front View



Back View



L-Stance (*Niunja Sogi*)

Front View



Back View



Close Stance (*Moa Sogi*)



Front View



Side View

Close Ready Stance A (*Moa Junbi Sogi A*)



Front View

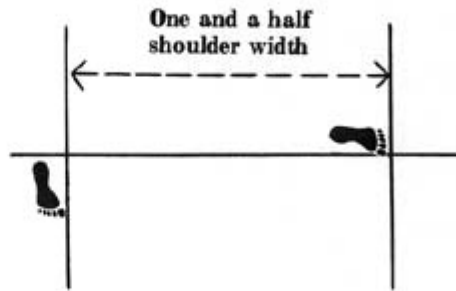
Side View



Fixed Stance (*Gojung Sogi*)



Side View



Right fixed stance



Front View

Left fixed stance



Front View

Bending Stance (*Goobooryo Sogi*)

Right bending stance



Left bending stance

Bending Ready Stance A (*Goobooryo Junbi Sogi A*)

Right bending ready stance A



Left bending ready stance A



L-Stance Knife-hand High Inward Strike
(Niunja So Sonkal Nopunde Anuro Taerigi)



Front View

Side View



* Knife-hand reaches the same level as the neck of the attacker.



Back View



Top View

Fixed Stance Middle Punch (*Gojung So Kaunde Jirugi*)



Front View



Side View

Walking Stance Reverse Punch (*Gunnun So Bande Jirugi*)



Front View



Front View

Forearm Circular Block (*Palmok Dollimyo Makgi*)



Front View

Side View



Top View

- * 1. The inner forearm is used as the blocking tool.
- 2. The fist reaches the same level as the defender's shoulder. This shoulder should be slightly lower than the opposite one.

L-Stance Forearm Middle Guarding Block
(Niunja So Palmok Kaunde Daebi Makgi)



Front View

Side View



Back View



- * 1. The forearm becomes half facing the opponent.
- 2. The fist reaches the same level as the shoulder of the defender.

Middle Side Piercing Kick (*Kaunde Yopcha Jirugi*)



Side View

- * 1. The footsword reaches the same level as the shoulder of the attacker.
- 2. Execute a high punch while kicking unless special directions are given.

Low Front Snap Kick (*Najunde Apcha Boosigi*)



Side View

The foot reaches the same level as the lower abdomen of the attacker.



Front View